



Rides Supplement October 2008

Camberwell Downhill Gourmet Bike Riders

September Ride – Sunday 21 September – East Camberwell to Eltham and Return

Seven riders took advantage of the fine spring weather to ride out along the Anniversary and Yarra Trails to Eltham. Apart from Val, our leader, these were Graeme, Graham, Jack, Annette, Mary and Julia. Riding conditions were almost perfect. Although the wind gathered strength throughout the day, this was barely noticeable most of the time on the sheltered trails, which were looking particularly attractive dressed in their spring green. We stopped at Westerfolds for morning tea, and lunch was at Eltham Central Park. The nearby Sunday market provided the perfect solution for those who had come underprovided with food or who were suffering from a coffee craving, ie me.

Most of the group opted to catch the train from Eltham back to Alphington and to ride home from there. Given the glorious weather Graham and I decided to ride all the way home. Graham's luck was definitely out. Having had his nice little headlight disintegrate on the outward trip, he suffered a flat tyre, rear naturally, on the return trip just as we reached Hayes Paddock. He opted to walk home, all of 6km, rather than carry out repairs on the spot. I hope he found the missing parts from his headlight as did so.

Thanks to Val for organising a most enjoyable day's outing.

Julia Blunden

October Ride – Sunday 19th October

Where Blackburn Railway Station Carpark, South Pde

Time: Meet At 9.45 am for a 10.00 am start

The Plan: Coffee at Laburnum Gourmet Grill, then ride through leafy Blackburn with some historical trivia along the way Wandinong Sanctuary, Blackburn Rd, Koomba Park & Dandenong Ck trail, Stud Rd, Knox City, Blind Ck path, Tim Neville Arboretum & Secret garden for lunch. Melways Map 74 A1- Distance 26km

Option: Continue onto Fern Tree Gully Sunday Market Distance 30 Kms. Return by Train

Enquiries Jack Simpson, Tel 9890 3154, Mob 0409 147 384

Other Rides for 2008: November 16th David & Geraldine

Dinner: November 21st

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café Ripe, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- The 1st and 3rd Wednesday rides are short (20- 30km). The 2nd and 4th Wednesday rides are more challenging, (50- 60km). NB There are no short rides in July and August
- We meet at **10am**. (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

| Date | Place to meet | Description and alternate leaders | Kms.&Grade |
|----------------------|---|--|-----------------------|
| Oct 8 th | Motel Woongarra | Base camp this week in Rutherglen – details available on request to Janet | Easy/ Medium |
| Oct 15 th | Footbridge in Southbank, MEL 2F F7 | Short ride to Hampton station and return by train. Vanilla slice ride! | 20km. Easy |
| Oct 29 th | Southern Cross for 10.00 am train to Lara (arr. 10.40) | <i>Geelong circuit</i> Ride from Lara along coastal trail, inland railtrail, Barwon R. trail, Eastern Beach, coastal trail to finish at North Shore station. Leader: Les Deady | 40km Easy |
| Nov 5 th | Footbridge in Southbank, MEL 2F F7. | Short ride – 3 Cathedrals ride. Leader Darren Room | 20km. Easy |
| Nov 12 th | No ride | See Sunday Nov 16th | |
| Nov16th | Meet at the start of the GSF trail in Meeniyah at 9.30am. | Ride the (GSF) Great Southern Rail trail to Foster and return. | 64km Medium |
| Nov 19 th | Somerville station MEL 107 E12 | Tour through Hastings, the Bittern Coastal Wetlands to Stoney Point and Somers and return. | 55km Medium |
| Nov 26 th | See COTA news | COTA AGM followed by a short ride to the Bay. | 20km/Easy |
| Dec 3 rd | Jacana station MEL 6 G12 | Short ride to return to Docklands | 25km. Easy |
| Dec 10 th | Lilydale Station. MEL 38 D4 | We will ride the Warburton rail trail and return. People are welcome to ride to lunch and return. | 40 or 80km. Medium |
| Dec 17 th | Royal Park station Mel 29 E11 | Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book | 20km, Easy |

Whitehorse Cyclists Inc

See <http://www.whitehorsecyclists.org.au/calendar.htm> - calendar not updated at time of compilation

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts/leaders can provide additional information if required.

EasyRide: Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615. Regular Friday program below, Tuesdays by consensus.

| Day in Month | Ride Description |
|------------------------|---|
| 1 st Friday | Eltham Library Café – 25 km. Main Yarra Trail & Diamond Ck. Trail. Break at café. |
| 2 nd Friday | Fairfield Boathouse – 20 km. Main Yarra Trail. Break at café. |
| 3 rd Friday | Studley Park Boathouse – 25 km. Main Yarra Trail. Break at café. |
| 4 th Friday | Mailing Road Canterbury – 22 km. Main Yarra Trail & Anniversary. Break at café |

HarderRide: every Tuesday & Sunday **9.00am** BYO morning tea. Check program below.

| Oct | Ride/Event | Description | Lead |
|--------------|--|---|---------------------|
| Sun 5 | <i>Fairfield Boathouse</i> 22 km 2hour | Streets west to Darebin Ck.Trail. Follow railway to Fairfield station. Streets south & break at park. Main Yarra Trail home. | Graeme 9435 96 |
| Tue 7 | <i>Koonung-Mullum Circuit</i> 35 km | Up Koonung Trail, across to Mullum-Mullum (moderately long H1) with break at June's Billabong. | John G/ 9439 38 |
| Wed 8 | | General Meeting – Watsonia Library 8:00pm | |
| Sun 12 | <i>Royal Park</i> 35 km. | Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg. | Robert T 9457 19 |
| Tue 14 | <i>Belgrave</i> 60 km | Ride to Box Hill station. Take train to Belgrave. Downhill ride to Bayswater and Dandenong Ck. Trail. Then streets (Eastlink an alternative) and Koonung Trail. | Alan P/ 9435 94 |
| Sun 19 | <i>Edwardes Lake</i> 37 km | Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1). | Richard 9459 86 |
| Tue 21 | <i>Quarry Hills Park</i> 45 km | Out through Watsonia and Mill Park. H2-3 into Park & some walking possible. Return through South Morang but avoiding Plenty Rd. | Maurie 0409 18 |
| Sun 26 | <i>Bundoora Park</i> 40 km | Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve. | Graeme 9435 96 |
| Tue 28 | <i>St Kilda Beach</i> 50 km | Out through Port Melbourne. Return through Albert Park. | Les D/ 9459 27 |

November

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| Sun 2 | <i>Alistair Knox Park</i> 25 km 2 hour. | Main Yarra Trail and Diamond Ck. Trail to park at Eltham Library. Return by same route. | Richard 9459 86 |
| Tue 4 | “Riders’ Choice” Rider who suggests is leader, otherwise by agreement | | |
| Sun 9 | <i>Yarra Bend</i> 35 – 40 km | Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail. | Lou B/ 9459 68 |
| Tue 11 | <i>Seven Trails</i> 63 km | Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park or Schwerkolt Cottage. Join Eastlink (some H3), and Koonung home. | Robert I 9439 10 |
| Sun 16 | <i>Museum Gardens</i> 35 km | Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails. | Graeme 9435 96 |
| Tue 18 | <i>Westgarthtown</i> 50 km | Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping. Return by Edgars Ck & break at Westgarthtown. Ring Rd Trail home. | Alan P/ 9435 94 |
| Sun 23 | <i>Yarran Dheran</i> 42 km | Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return. | John G/ 9439 38 |
| Tue 25 | <i>Ceres</i> 40 km. | To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail. | Maurie 0409 18 |
| Sun 30 | <i>Hawkstowe Park</i> 50 km | River Gum trail to Watsonia (H1), Ring Rd, Upper Darebin Ck.Trail, Mill Park Lakes. Return Plenty Rd path, Ring Rd, Plenty River Trail. | Richard 9459 86 |

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Ride and Club Night Programme: October-November 2008

| | | | |
|----------------|--|-------------|----------------|
| October | | | |
| Sat 4 Oct | Tarago Reservoir | 55km Medium | Peter Boemo |
| Sun 5 Oct | Bellarine Peninsula | 120km Hard | Peter Medforth |
| Thu 9 Oct | The Corella Dare. Photos of the Silver City Bush Treadlers' ride from Broken Hill to Alice Springs - Part 2. | | Jon and Susan |
| Sun 12 Oct | Point Lonsdale, Queenscliff, Drysdale | 30km Easy | Joe Kenwright |
| Sun 12 Oct | Boroondara east- west explorer: discover back road alternatives between the Yarra at Hawthorn and the wilds of Box Hill. | 20km Easy | Phil Crohn |
| W/e 11/12 Oct | Strathbogies weekend. House stay on Saturday night. | 90km Medium | Leon Trethowan |
| Wed 15 Oct | Ride to Work Day. Not a club ride but worth doing | | |

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| Thu 16 Oct | Our worst cycling disasters and how we survived them | (With Pete Sig) | Harry |
| Sat 18 Oct | Warragul loop via Yarragon. Subsidised | 70km Medium | Di Mckinley |
| Sat 18 Oct | Some Like it Hot! Grand gastronomic gala featuring your best curry dishes | Spicy | Kirsty Harris social@mbtc.org.au |
| Sun 19 Oct | Blackwood loop. A challenging ride, exploring the Wombat Forest to Blackwood for lunch, then a spectacular descent via the Pentland Hills. Subsidised | 120km Hard | Peter Signorini |
| Thu 23 Oct | Tour of Trades Hall. | | John Harland |
| Fri 24 Oct | Tony's Dinner at La Sera in St Georges Rd | delish | Tony Barter |
| Sat 25 Oct | Over, around & through the Glenburn hills | 95km Hard | Kerry McLinden |
| Sun 26 Oct | Drouin to Pakenham. Climb and undulate along little back roads through gorgeous scenery to Poowong, then fly to Pakenham. Subsidised | 70km Medium/hard | Gail Crennan |
| W/e 25/26 Oct | Drouin to the Grand Ridge Rd Camping at a winery | 100km Medium | Glenn Rodda |
| Thu 30 Oct | Jim and Dave: Cycle touring in Canada and the US | | Susan |
| November | | | |
| W/e 1-4 Nov | The Buffalo Plateau: a short | 350km Hard | John Harland |

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| | sojourn in the High Country | | |
| W/e 1-4 Nov | Rutherglen Winery Rideabout base camp. Subsidised. | 150 - 200km | Judy Beswick |
| Thu 6 Nov | Wicked ways in Central Australia with Gerry and Robyn | | Kirsty |
| Sat 8 Nov | Otways Hill Climber | 120km Hard | Claire Noonan |
| Sun 9 Nov | Ride to the Surrey Hills Sustainability Festival | 25km Easy | Phil Crohn |
| W/e 8/9 Nov | Philip Island Base Camp. Ride or train to Stony Point ferry. Holiday house accommodation. | Various | Jon Miller |
| Thu 13 Nov | Social night and trip planning. Also Spoke Notes deadline | | Jon |
| Fri 14 Nov | Indonesian lunch at Warung Agus Victoria St North Melbourne | tasty | Kirsty Harris |
| Sat 15 Nov | Warragul & Mt Worth | 80km Medium/hard | Kerry McLinden |
| Sun 16 Nov | Lilydale to Hurstbridge via Warburton Trail, Healesville & Kinglake | 100km Hard | Peter Medforth |
| W/e 15/16 Nov | Transition to touring. Grand Ridge Road. Subsidised | 110km Medium | Susan Heath |
| 19-23 Nov | Cycling Film Festival | bicyclefilmfestival.com/2008_site/melbourne/ | |
| Thu 20 Nov | Bloomers on bikes. Lady touring cyclists of the 1890s | | Kirsty |
| Sat 22 Nov | Ride to Ruffy | 120km Hard | Claire Noonan |
| Sun 23 Nov | Huntingdale to | 35-40 km | John Hughes |

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| | Seaford via coast and wetlands. Great views, a bird hide and lotsa wildlife | Easy/medium | |
| Thu 27 Nov | Lunch: Gold & Fork Elizabeth St Melbourne. South Indian Thali | delish | Kathy Ward |
| Thu 27 Nov | Games Night: your favourite board games and quizzes | | Peter |
| Sat 29 Nov | Family ride & BBQ in Eltham | 20km smoky flavour | Paul Schofield |
| Sun 30 Nov | Pakenham to Warragul via Jindivick | 90km Medium/hard | Rob Beswick |
| W/e 29/30 Nov | Phillip Island & Wonthaggi | 150km Medium | Peter Boemo |
| Thu 4 Dec | Peter's Trip to the UK: The Lake District | | Peter |
| Sat 6 Dec | Fairfield to Ringwood via Eastlink | 60km Medium | Joe Kenwright |
| W/e 6/7 Dec | Walhalla & Coopers Creek | 100km Medium | Glenn Rodda |
| W/e 6/7 Dec | Bright to the Blue Duck Inn & back | Long & climbing | Claire Noonan |
| 26 Dec-3 Jan | Warrnambool and the South West Victorian coast. Subsidised. | 300km Medium | Ed West |

For information on the above rides, please contact the Touring Secretary, Jon, on (03) 9523 1694, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Rides Calendar

| Date | Description | Distance | Contact |
|-----------------------------------|--|------------------------|--|
| Saturday, 4 October | Weekend Ride - Shepparton - Heathcote. This is fundraiser for MS. This is not a YHA run ride | TBA | Simon Woodford woodford@melbpc.org.au 0412 415 750 |
| Sunday 5 October | No ride - please contact Belinda if you can lead a ride on this day (rides@yhacycling.org.au) | | |
| Monday 6 October | Slide Night - Redback Brewery - 75 Flemington Road, North Melbourne - dinner at 6.30pm - Slide show at 7.30pm - YHA over the top ride Kosciusko National Park and Bolivia the worlds most dangerous Road | | Jason Foote - 0419 530 528 |
| Saturday, 11 October | St Kilda to Altona | Easy 32ks | Ian Wood ian_wood@aai.com.au |
| Sunday, 12 October | AGM - venue to be advised | | Belinda rides@yhacycling.org.au 0410 488 228 |
| Sunday, 19 October | Central Highlands Kyneton area, taking in small townships and cafes | Medium 50ks | Jesse Sherwood 0419 529 773 |
| Saturday, 25 October | BIKE RIDE, BREAKFAST @ Belgium Beer Café, Swim & Lunch Road, Hybrid or Mountain bike | Easy 26ks | Andrew Boyletts andrew_boyletts_party@yahoo.com.au 0416 43 99 23 |
| Sunday, 26 October | You Yangs | Easy /Medium | Jim Partridge james.partridge@rmit.edu.au |
| Sunday 2 November | No ride - please contact Belinda if you can lead a ride on this weekend (rides@yhacycling.org.au) | | |
| Sunday 9 November Weekend trip | Ballarat - Daylesford - Hepburn Springs | | Nick Jason - 0417 506 493 |
| Sunday, 16 November | Elwood - Frankston return | 70ks Road or hybrid | Lloyd 0419 006 010 |
| Saturday 22 & Sunday, 23 November | Weekend - mountain bike | Medium | Rob Shaw - robert.shaw@influenzacentre.org |
| Saturday, 29th | BIKE RIDE, BREAKFAST @ Belgium Beer Café, Swim & Lunch | Easy 26ks | Andrew Boyletts andrew_boyletts_party@yahoo.com.au |

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| November | Road, Hybrid or Mountain bike | | 0416 43 99 23 |
| Sunday, 30 November | Christmas picnic | Venue to be advised | |
| Saturday 6 and Sunday 7 December | Rutherglen - winery ride | East | Nick, Colleen, Rob and Anne |